



From February 2025 (Volume 186)





Writing this at the beginning of March 2025, the world has seen some remarkable changes brought about almost immediately since Trump was elected president. The words 'statesman' and 'diplomacy' seem to be lacking in his vocabulary but maybe that's what we need. Strong leadership that is not afraid of treading on toes. I violently disagree with many of his utterings and actions but world leaders are on their toes waiting for how their countries will be effected. I personally feel that while he acts on matters that one agrees with, one is happy but conversely when he acts in ways that you are against he is the villain of the piece. Difficult to say what will happen in days and months to come, but he is pro-Israel and seems to be keen to broker a peace there. In the Ukraine however he seems hell-bent on upsetting many world leaders and countries bordering on to the Ukraine are already instigating compulsory conscription. Panama is waiting for his next step to reclaim the area despite his claims seeming to be illegitimate and invalid. Both situations are based on minerals and tariffs. Trade wars with Canada, Mexico and China seem inevitable and retaliatory measures are already in place.

No winners there.

He seems to feel that the USA are too heavily involved in 'bailing out' the world and maybe there's something to be said for that school of thought .

I am a not a political person but I can't help feeling that things will change dramatically very soon and I do hope that no-one calls his bluff and war is declared.

War has no winners and trade is the answer to the prevention of war

It becomes very clear that major companies see labour as a cheap commodity in maintaining unacceptably large profits and exploitation of hordes of poor people around the world working in unacceptable conditions to satisfy this never-satisfied consumer market. A by-product is pollution that is shifted to these areas and we are very aware of affluent gated communities around the world a stones-throw from shanty towns and people living on the street.

Nowhere seems exempt from these vast divisions of wealth and as population increases there must come a point where this will explode.

I know this all sounds very gloomy but I, for one, can see the problems, but can not begin to see a solution.

When individual now have such vast personal fortunes, larger than the GDP of many countries, Why should any one person desire to have that amount of wealth. .maybe they can make a difference. .but that suggests that they actually have this desire to change things for the good.

I really feel that individuals can start movements for improving the world around us and I see so many good people but it's the bad ones that make the headlines Anyway, enough of my morbid outpourings.

On a personal level, Tammy and The Larn are waiting for The Larn's operation and that is both exciting and , at the same time, fearful , so we are very aware of the concerns and tensions there. They are both very brave and we know it will be good..

DP is currently in Panama with Peachy and I think the festival should kick off any time now so we wish them both good luck.

Angela is also away and Beau is studying - so well done to them both.

Lynn constantly amazes me with her daily run while I swim and her 5k Park Run every Saturday (which I hope to rejoin next week) She is on her 61st and I am on my 49th. We have a busy active and as varied a life as possibly this volume will illustrate and friends make it so fulfilling.

Laughter is the best way of enjoying life and friends and this is our mantra.

I must apologise for the depressing earlier part of this Preface but life goes on and as Lynn and I are now in our 80's we do spend time reminiscing and trying to put the world straight but its like King Canute pushing against the incoming tide (which is totally polluted by the way...so don't get me started)

I am giving up my allotment in the autumn and, with Lynn's help concentrating on our lovely garden.. The allotment gave me so much please over the 11 years and it was such a great 70th birthday present from Ben and Tammy. Now, or garden gives us a lot of pleasure and as we still travel , we are happy to live so close to shops and travel connections and thankfully make maximum use of our Freedom Passes

10th March 2025

Narborough Bone Mill operated on the River Nar and was built in the early part of the 19th century and records show that it was owned by the Marriott Brothers in 1830 also owned the navigation rights on the river Nar. The site is currently owned by the Munford family of Narborough and is undergoing preservation work following a recent lottery grant.

We sought it out and walked along the Nar for around 30 minutes before coming to the site. We were met by graham, a volunteer who showed us many aspects of this forgotten place and also his wildflower meadow.

The watermill was used for the rendering down into agricultural fertilizer of bones from the local slaughterhouses and from the whaling industry. Bones were carried up the River Nar by barge from the blubber-processing factory at Lynn. Whales were carried there by horse and cart to be processed. The bones were then carried to Narborough for rendering. Both mills were in remote locations, possibly because of the distinctive smell that would have been prevalent. The fact that Narborough watermill was not near a road did not matter, as both its raw materials and its finished products were carried by horse-drawn barge. The River Nar navigation was opened in 1759 and was used to carry coal and grain.

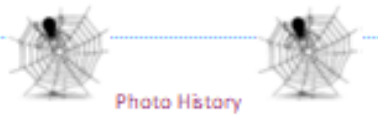
This model (at the Narborough Museum) shows how it probably looked



Precise details of the reduction process have not been recorded at Narborough, but the usual procedure was that the bones were first boiled to make them brittle and to remove the fat. The fat would be skimmed off, and used for such things as coach and cart grease. The bones would be either chopped by hand or put through a toothed cylinder. Either process would reduce the bones to smaller, more manageable pieces. In the final process, the millstones powered by the water-wheel would grind the bone into powder.

At one time the bone rendering watermill was used for a rather gruesome practice. The exhumed remains of cemeteries and burial grounds from the north German city of Hamburg were shipped to King's Lynn and taken to the mill to be processed into agricultural fertiliser. At the time no-one questioned the ethics of the trade, as it was said that "One ton of German bone-dust saves the importation of ten tons of German corn".

In 1884 Nar Valley Drainage Board purchased the navigation rights to the Nar and subsequently built a sluice that prevented further river traffic. The mill ceased production a few years after this event, probably as a consequence of the Drainage Board's actions. In 1915 the watermill was still standing, but the buildings were demolished bit by bit over the next few years machinery went to scrap, and most of the rubble was put down on farm tracks. Today all that remains is the 16-foot-diameter (4.9 m) waterwheel and the remains of the wall of the main mill building. Heritage lottery funding has been obtained to carry out refurbishment of the waterwheel and restoration work started in 2015.



One of the original mill wheels

Narborough Bone Mill Conservation Project...info@bonemill.org.uk
(Graham)

The wheel working during an open day



Human Skull Fragment -1257 AD

Human skull fragment found on site June 2015

Radiocarbon dating shows that the skull dates from about 1257AD. So this person would have lived when Henry III or Edward I were on the throne and Kings Lynn was known as Bishops Lynn. Isotopic analysis...



Bird and insect area in the wild garden



The peaceful River Nar





Sheringham hasn't changed much over the years and these are a few sights that appealed to us. The Harrier jump jet was one of two high doing exercises overhead and the noise was deafening. We detoured to the base but weren't lucky enough to see them there







These old adverts with the steam train are very special



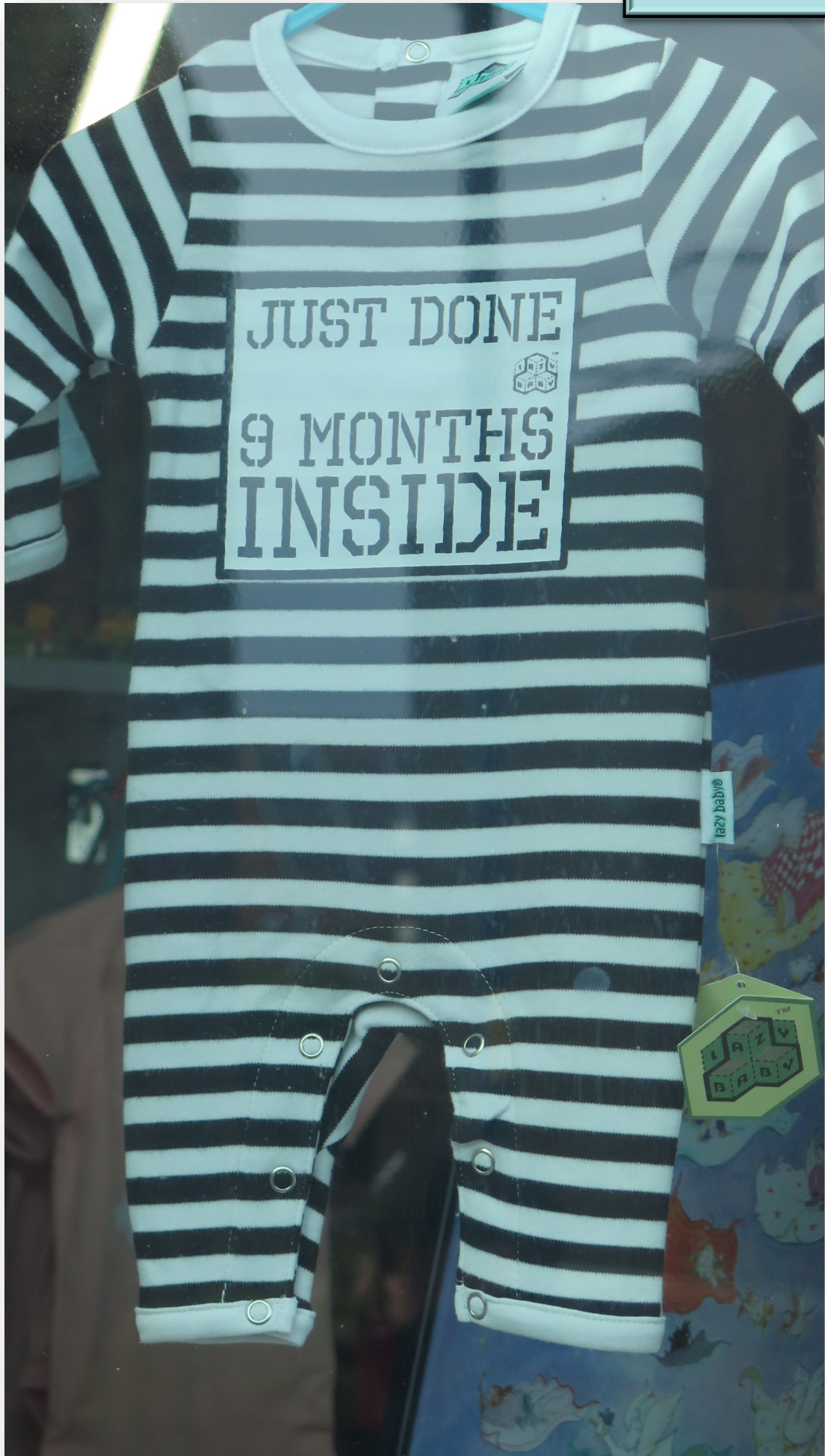


Seems like a different life but I actually remember Dad bringing one of these bikes home to do deliveries...





Probably not relevant but Lynn
and I loved this outfit





We walked through the field to Sheringham and saw the volunteer-run steam train with the sea behind it



Fish and chips on the seafront must be eaten one chip at a time to avoid the 'seagull snatch'



This year seems an exceptional year for masses of snowdrops



We walked from our hotel garden into Sheringham Park where crocuses were also just appearing





Barns like this will never be built again and the colours and textures are really wonderful





The Dales Country House Hotel is attractive with well-tended large gardens all round it with the added attraction of some very good food



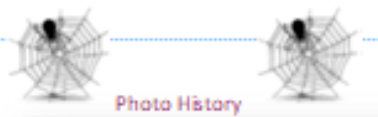


Cromer is fairly close to
Sheringham and we
wandered around there
but it was not a very
inspiring destination



Some interesting
seaside apartments
close to the sea





An area close to Cromer is called Overstrand and it was an area where the rich built large houses, which are mainly now either divided use or in one case a hotel. There is also a fascinating large Christian Retreat called The Pleasaunce which is a grade 11 listed mansion designed by Sir Edwin Lutyens in 6 acres of grounds overlooking the sandy beach with this clock tower and many interesting properties (some in a bad state)

Blakeney is fascinating. It is part of the Norfolk Coast Area of Outstanding Natural Beauty and the North Norfolk Heritage Coast. It is known for its picturesque flint cottages, historic buildings, and stunning coastal views. The flint cottages were amazing and some of these photos show them

Blakeney was once a bustling commercial seaport until the early 20th century, but now the harbour is silted up, and only small boats can navigate the creek out to the open sea. The village has a rich history, with notable landmarks such as the 15th-century Guildhall undercroft and the Church of St Nicholas, which has two towers

Blakeney is also famous for its National Nature Reserve, which is home to a variety of wildlife, including seals and migratory birds. Last time we were here we took a small boat to Blakeney Point to see the seal colonies,



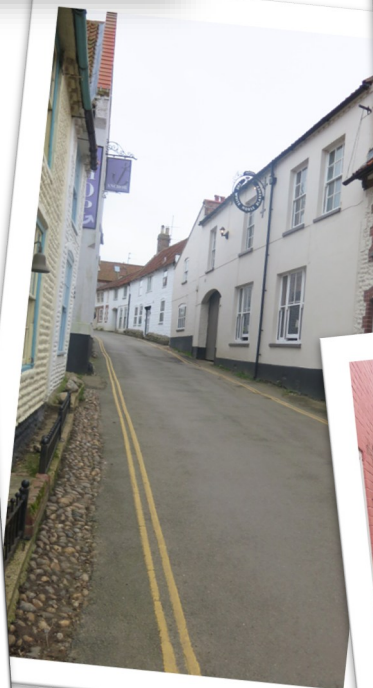




Photo History





I am just a little Gilly Crab,
Please don't hurt me,
Catch me, look after me,
Give me water, do not overcrowd me,
Put me back gently,
And you may see me another day.....
(NO HOOKS PLEASE)





The long walks from the town along the marshy shore line on raised paths



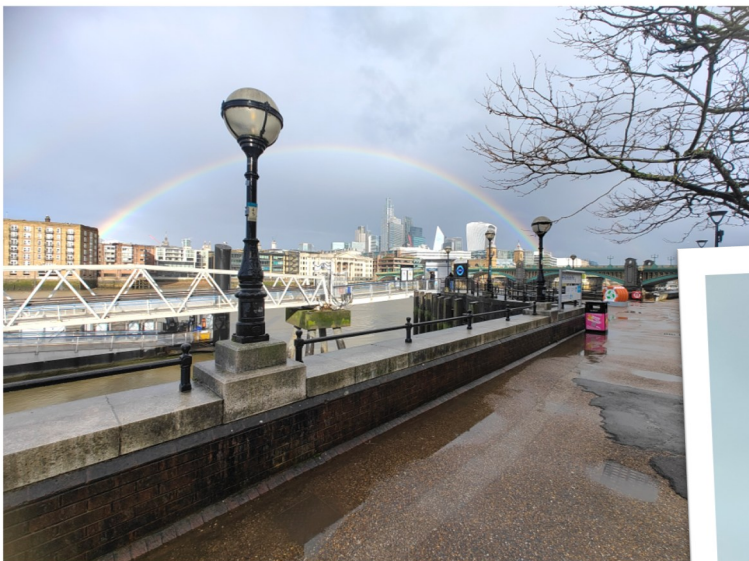


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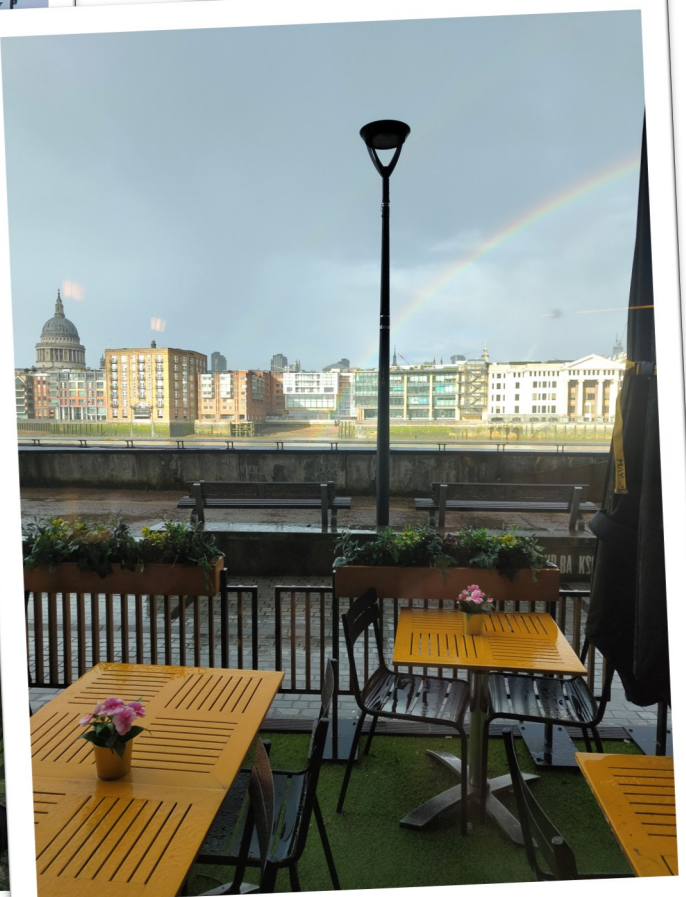
A sunny but chilly February day we walked with Evie and Jim along the Southbank from Holborn crossing Blackfriars Bridge to the Millenium Bridge

As the sky grew darker we saw a wonderful rainbow contrasted against the city skyline. Just in the right place at the right time





The tourists were pre-warned that umbrellas would be required in London in February

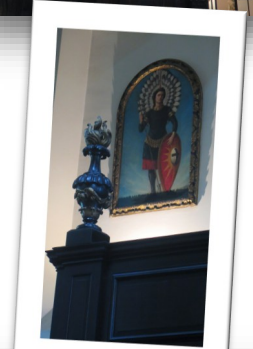
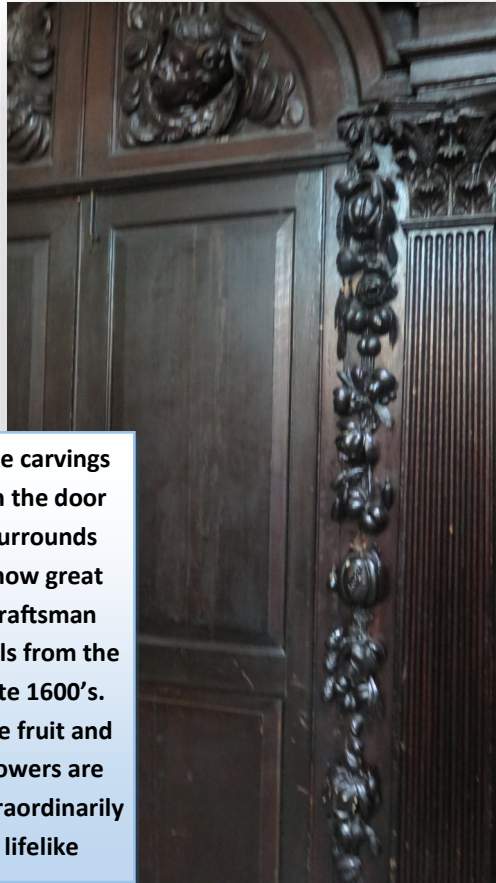








The carvings on the door surrounds show great craftsman skills from the late 1600's. The fruit and flowers are extraordinarily lifelike



Church of St. Martin-within-Ludgate
You are invited to come into this beautiful church, built by Sir Christopher Wren in the late 17th Century.





The original church bell on
this wonderful old trunk



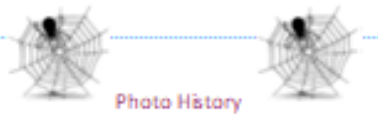
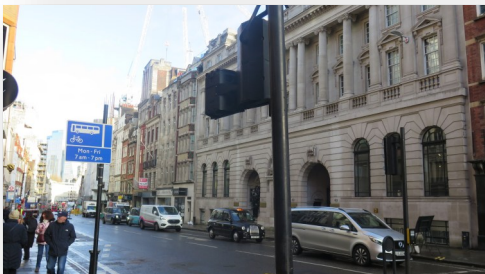


Photo History

Massive changes in Fleet Street. It will be very interesting to compare these shots from February 2025 with 'the after' shots





The striking architecture of
St.Pauls on this sunny day

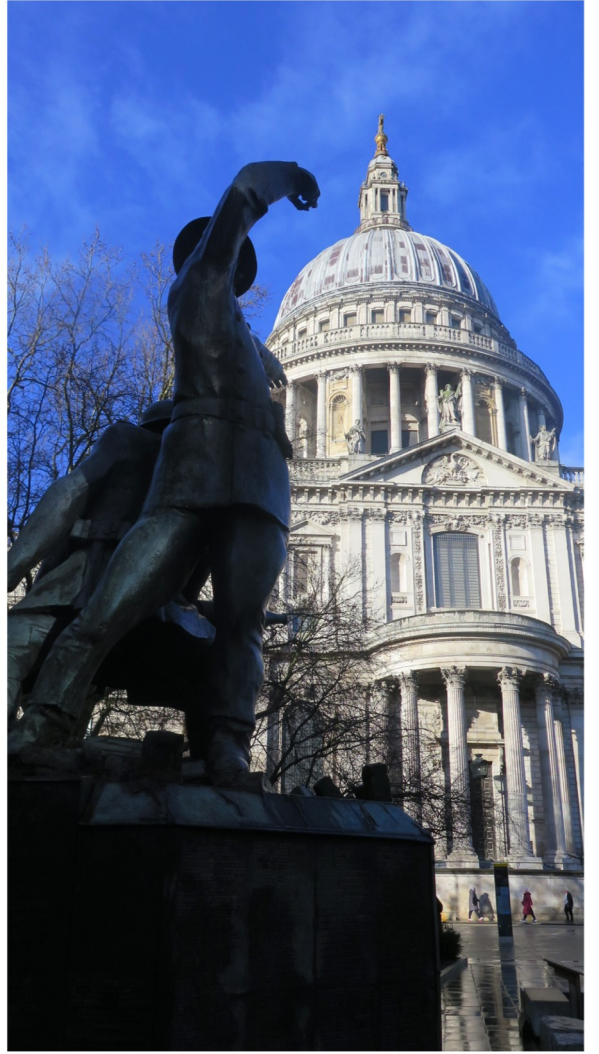






Photo History



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